

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement is to provide life-enriching activities, relevant information on issues that affect them, and assist them in obtaining services to their well-being

Sheffield Senior Crier

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Spring is when you feel like whistling even with a shoe full of slush.

~Doug Larson

*News from the Sheffield Senior Center, 25 Cook Road
(Published in part with funding from Executive Office of Elder Affairs)*

Hours: Mon-Fri 9AM-4PM Jennifer Goewey, Executive Director Telephone 229-7037

Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov)

Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

FROM THE DIRECTOR:

Thank you all for such a warm welcome! I encourage you to stop in to say hello and remember we have a cozy lounge area that you may enjoy at any time. Come share a cup of coffee and conversation- our door is open. The senior center is now open Monday through Friday from 9 am-4 pm. In an attempt to be as "green" as possible and conservative with our mailings- I ask that if you no longer wish to be on the mailing list or would rather receive the newsletter via email please call the Senior Center and let us know. I am looking forward to "Cookie and Conversation Time" with you. This is an informal time for you to share your ideas, express concerns, and discuss volunteer opportunities and programming with me! I especially would like to share with you two exciting programs; the "Toddler Program" and the "Friendly Visitor Program." I hope that you will join me. Spring is trying very hard to stay with us and as the air gets warmer and our days a bit brighter, I look forward to getting to know you.

BINGO IS BACK! Thursday afternoons: 2-4 pm. Come play before the Peoples Pantry dinner.

Cookies and Conversation Time with the Director – April 8th at 11 am: Come spend some time with the Director sharing ideas, expressing concerns. This will also be a time to learn about volunteer opportunities, programming and an informal time to visit.

Blood Pressure Clinic – April 9th from 10am –11am

LEO – Let's Eat Out –April 14th at 5:30 pm: We will be going to Stateline Pizza in Canaan. Please call the office to sign up. 229-7037

MOW Meeting 6 2PM April 15th: This is a critical meeting for all Meals on Wheels Drivers and for anyone interested in learning more about the program. Please bring your manuals and spend 1 hour with Beth from the Pittsfield office so she can provide updated information for us all.

Fraud Forum –Wednesday, April 15th at 10AM 6 Are you concerned about phone Scams, stolen identity, mail solicitations, phone calls from electric providers? If you have questions on any of these topics we will have the experts to help answer your questions. Chief Munson from the Sheffield Police Department and Jerry from Salisbury Bank will be joining us to share the latest with you and to answer your questions. Please call to sign up. 229-7037

Antiques Appraisal Night – Friday, April 17th from 7pm-9pm: This is a fundraiser for The Friends of the Sheffield Senior Center. Several local antique dealers will be on hand to give you an evaluation of your treasures. You can get two items appraised for \$5; each additional item is \$5. Please call the center ahead of time at 229-7037 and tell us what you will be bringing. The Friends contribute over \$5,000 per year to supporting programs here at the center so come out and support the friends and get an evaluation of something hiding in your attic.

Art Workshop- "Scarlet Poppies" Saturday, April 18th from 10am-12pm. We welcome back Gregory Maichack who will present another pastel workshop in the style of Georgia O'Keeffe. This workshop is for all levels of ability and includes a demonstration, instruction and hands on work by participants who will replicate a double poppy painting. Materials are provided and the workshop, partially funded by the Cultural Arts Council and the COA, is free of charge to all. Please call to register 229-7037.

3rd Thursday Lunches ó April 16th at Noon: Pot Luck, Please give the office a call at 229-7037 to reserve your spot at the table.

Earth Day Activities- Wednesday, April 22: Drop in Activities between 1-3: Join us for a little fun to celebrate Mother Earth and spring! You will have the opportunity to make a homemade bird feeder, spring themed greeting cards, plant seedlings for the garden and we may even begin spring cleanup outside!

Men's Breakfast ó Monday April 27th at 9am: Come join us for breakfast and conversation. This month we ask that you think about sharing a brief story about your first car. 413-229-7037.

ANNOUNCEMENTS:

Kelly Therapeutic Shoe Fund – administered through the Berkshire Taconic Foundation
Who can Apply? Elderly or disabled men and women who are residents of Berkshire County, MA and in need of therapeutic shoes that are not covered by insurance.

Grant Information ó The Therapeutic Shoe Fund of the Berkshire Taconic Community Foundation was established by Jane Kelley to fund therapeutic shoes to eligible elderly or disabled Berkshire men and women. To be eligible, applicants would need shoe adjustments to prevent pressure area caused by foot deformities, for instance, and advised by healthcare providers that they would benefit from receiving therapeutic shoes and should be able to demonstrate needing financial assistance to obtain them. Call Jenn for more info. 229-7037

Age Friendly Communities Survey, please take a few minutes to complete the anonymous survey if you are over the age of 50 and live in Berkshire County. Paper copies are available at the Sheffield Senior Center and the Sheffield Town Hall. It can also be accessed online: www.surveymonkey.com/s/BerkshireAgeFriendly.

REMINDERS:

Durable Medical Equipment - We have durable medical equipment available here at the senior center to borrow and if you have items you wish to donate please let us know.

Computers ó we have several lap tops available for use here at the center- we will get you set up so you can check your email, surf the web or fill out the Berkshire Age Friendly Survey.

HONEY ó The Friends of the Sheffield Senior Center are selling locally made honey. Bill Seymour from Hillsdale has aromatic Wildflower Honey. \$10 for a 1 LB Jar. Stop into the center and pick up your jar today. A portion of the proceeds benefit the Friends.

Assistance Available: Do you need help with garden Clean up, hedge trimming? We have some volunteers that have offered to provide assistance to 3-4 households. Please give Nadine a call @ 229-7037.

APRIL 2015

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 12 Canasta 3:30 Chair Yoga 3:30 WALKING CLUB	2 9 Exercise Class 10 Bridge 2-4 BINGO 3:30 WALKING CLUB	3 9-10 Coffee & Conversation 10 Men's Exercise 3PM Qigong	4
5	6 10-12 Mahjongg	7 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage 3:30 WALKING CLUB	8 9:30 Toddler Program 11 Cookies & Conversation with the Director 12 Canasta 3:30 Chair Yoga 3:30 WALKING	9 9 Exercise Class 10-11 Blood Pressure Clinic 10 Bridge 2-4 BINGO 3:30 WALKING CLUB	10 9-10 Coffee & Conversation 10 . Men's Exercise 3PM Qigong	11
1 2	13 10-12 Mahjongg 1 PM Art . Painting w/ Acrylics	14 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage 3:30 WALKING CLUB 5:30 LEO	15 10 Fraud Forum 12 Canasta 2PM MOW MEETING 3:30 Chair Yoga 3:30 WALKING CLUB	16 9 Exercise Class 10 Bridge Noon-3 rd Thur Lunch Pot Luck 2-4 BINGO 3:30 WALKING CLUB	17 10 Men's Exercise 2:30 Commission on Disabilities 3PM Qigong 7PM Antique Appraisal	18 10 AM Gregory Maichack
1 9	20 Patriots Day Center Closed No MOW NO WALKING CLUB THIS WEEK	21 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage NO WALKING CLUB	22 Earth Day Activities 1-3 12 Canasta 3:30 Chair Yoga NO WALKING CLUB	23 9 Exercise Class 10 Bridge 2-4 BINGO NO WALKING CLUB	24 9-10 Coffee & Conversation 10 Men's Exercise 3PM Qi Gong	25
2 6	27 9 Men's Breakfast 10-12 Mahjongg 1PM Art . Painting/w Acrylics	28 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage 3:30 WALKING CLUB	29 9:30 Toddler Program 12 Canasta 3:30 Chair Yoga 3:30 WALKING CLUB	30 9 Exercise Class 10 Bridge 2-4 BINGO 3:30 WALKING CLUB		

